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The Benny's Electronic News Network newsletter is a publication of St. Benedict C.S.S. in Cambridge, Ontario. It is distributed every second Wednesday during the school year using the WCDSB Newswire service. Any questions or comments pertaining to this publication can be sent to the editor [Anton Milardovic](#) or the school's principal [Jamie McKinnon](#).

Note from Administration

We wish to welcome parents to our conferencing times this Thursday evening from 3:00 to 8:30 and all day Friday.

All students have received an early interim report this week that outlines learning skills as observed by their teachers in the first weeks of school. Your children can book appointments for you through their teachers this week. We look forward to seeing you.

On a safety related topic, we have been emphasizing with students the importance of crossing the roadways safely around and near the school. During peak times: lunch time, before and after school, we have hundreds of students who are crossing the roadways. We ask students to be cautious and respectful when crossing the roadways, using the lights appropriately and keeping their heads up and making eye contact with drivers. We spent a week last May focusing on being Road Smart and re-emphasized it with staff and students this month. It is important for our large student body to realize they share the neighbourhood with the whole community, of which we are a big part during the school day.

Thanks for your continued support.

- Mr. J. McKinnon, Principal

Administrative**THURSDAY AND FRIDAY ARE
TEACHER/PARENT/STUDENT CONFERENCING
DAYS**

If you need to contact a teacher to set up an interview time for Thursday evening or Friday during the day, you can email them quickly and easily from the school website. Click on **About Us** > **St. Benedict Staff** and find the teacher.

**DON'T KNOW WHERE A TEACHER IS CONDUCTING THEIR
INTERVIEWS?**

Go to the interactive school calendar by clicking on **Benny's News** > **Calendar of Events**, and click on the  beside the conferencing days. In the new pop-up window, select the teacher you are looking for.

THIS YEAR IT'S A DIFFERENT FLU SEASON!!

REGION OF WATERLOO PUBLIC HEALTH DEPARTMENT

To find out where and when Public Health is hosting seasonal influenza vaccine clinics and H1N1 flu vaccine clinics, please call 519-883-2324 or visit our website at <http://www.region.waterloo.on.ca/ph>.

If you wish to speak to a nurse, please call 519-883-2006 ext. 5273.

GUIDANCE NEWS

By MRS. P. KLASSEN

ACADEMIC AWARDS NIGHT

On Thursday, October 15, the gymnasium was filled with proud students, parents and teachers who gathered to celebrate the academic accomplishments of the 2008-2009 school year. Subject awards were presented to students who had achieved one of the two highest marks awarded in all grade 9, 10 and 11 courses offered at all academic levels. In addition to subject awards, students who achieved overall averages of 80%, 85% and 90% were recognized as members of the honour roll. A huge thank you goes to Mrs. Kathy Menjolian for her outstanding effort in organizing this celebration of academic success!

COLLEGE AND UNIVERSITY VISITS

Attending presentations hosted by visiting colleges and universities continues to be a popular and worthwhile choice for many of our grade 12 students as they ponder their various choices for next year.

Parents of Grade 12 students, we hope that many of you will be able to join us on Thursday, October 22 for a Post-Secondary Information Presentation where we will share information with you regarding the university and college application process. The presentation will begin at 7:00 PM in the Lecture Hall. We also hope that many of you will be able to join your sons and daughters and attend the University Information Night being hosted by St. Benedict on Tuesday, October 27 from 7:00 - 9:00 PM. Representatives from all Ontario universities will be present on this evening and all who attend will have the opportunity to attend 2 specific, 35 minute presentations as well as time to "roam" through the various other displays.

We also hope you will attend the University Information Night on October 27 from 7:00 - 9:00 PM.

Up-coming school visits (to November 13) include the following institutions:

- October 22:** Conestoga College - Degree Programs Only - 10:00 AM
Post-Secondary Information Night for Parents - 7:00 PM (Lecture Hall)
- October 26:** St. Francis Xavier University (Nova Scotia) - 11:30 AM
University Information Presentation Night - St. Benedict 7:00 - 9:00 PM
- October 28:** Loyalist College - 1:15 PM
- November 3:** Renison University College (University of Waterloo) - 10:00 AM
University of Ottawa - 1:15 PM
- November 5:** York University - 10:00 AM
- November 10:** Brock University - 8:30 AM
- November 11:** Windsor University - 8:30 AM
- November 12:** Lakehead University - 10:00 AM
Algoma University - 1:15 PM
- November 13:** Lambton College - 8:30 AM

GRADE NINE "TAKE OUR KIDS TO WORK DAY"

On November 4, 2009, thousands of grade 9 students across Canada will have the opportunity to spend the day at work, job shadowing a parent, relative, friend or a volunteer host. We hope that all grade nine St. Benedict students will be able to participate in this worthwhile event which among other things, allows students to explore career options in a very practical way.

If you have a student in grade nine please ask them for the package that they should have received in their period one classroom this week. In order to participate in this event, students must return their parent permission form to their period one teacher by **Friday, October 30**. Students who do not

ARE YOU IN GRADE 12? ARE YOU INTERESTED IN POST-SECONDARY INFORMATION?

Sign up to receive emails including the latest information about post-secondary opportunities, visits by colleges and universities, scholarship information,

participate in this event are expected to be in their regular classes on November 4.

EMAIL DISTRIBUTION LIST

Our Grade 12 email distribution list is growing daily, however many students have still not signed up for this useful service. Signing up is easy! From the St. Benedict web site, click on the Guidance link and follow the instructions. Being part of the distribution list will keep you up to date on visits, scholarship information and deadlines. Parents are welcome to be part of this list as well.

and other information that will help you plan for your future. Sign up is done in a few easy steps:

1. GO to the Benny's website at <http://stbenedict.wcdsb.ca>
2. CLICK on Guidance on the menu to the left
3. SELECT "Click here to join our information list!"
4. ENTER your name and email, and click SUBMIT.

For more information, talk to [Mrs. Menjolian](#) in the Guidance Office.

HELLO FROM STUDENT SUCCESS!

By MISS A. GLEISER

Student Success is a program that aims at fostering an environment that provides extra support for students to ensure overall success in school. The Student Success office is located on the 3rd floor in Seminar Room 3.2 (beside the Chapel). Student Success provides many wonderful programs such as:

- **Monitoring Student Progress:** Monitor student progress and provide support when needed.
- **Homework Club:** An after school program located in Room 224, Monday-Thursday from 2:30-3:30. This is open to ANY STUDENT who needs an extra hand with class work or just needs a space to get the homework done.
- **Link Crew:** A program specifically tailored to Grade Nine students to help with their transition into high school. This program helps create a school environment where all Grade 9 students feel supported and have a sense of belonging.
- **Attendance Tracking:** Monitor attendance of students at risk of not achieving success and provide required support.
- **Credit Rescue:** Work with students and teachers to help ensure that all students are successful in achieving their credits.

For even more information on Student Success, please check out the following website: <http://pathways.wcdsb.ca/>
-- Click on **About Us**, **Student Success**, **Parent Zone**, **Student Zone**, **Teacher Zone** and/or **Links**.

ATTENDANCE ISSUES

If your son or daughter is absent from school on a particular day, please try to call the school by noon *that same day*. The direct phone line for the attendance office is (519) 621-4001.

HATS AND CELL PHONES: PUT THEM AWAY, OR LOSE FOR A DAY!

Hats and cell phones should be off, and in student's lockers during the school day. Hats are not part of the school uniform, so they should not be worn in the school. Cell phones are distracting and hinder student progress, they should be off and put away.

Students who choose to wear hats or use cell phones in the school may have those items confiscated for the day and will

GOING A BIT BEYOND IN BUSINESS!

AT THIS YEAR'S GRADUATION, 27 PROUD GRADUATES WILL HAVE EARNED THEIR BIT CERTIFICATE. LET'S FIND OUT HOW AND WHY!

Before you know it, it will be time to select courses for next year. Students who are interested in business and computer courses should consider getting the BIT certificate. The Business & Information Technology Certificate is a certificate that complements your high school diploma with an area of concentration.

WHY EARN THE BIT CERTIFICATE?

- Complement your diploma with an area of concentration
- Acquire knowledge and skills suited to the workplace or for further study at the post-secondary level
- Enhance your applications for employment

be consequenced.

UNIFORMS

A reminder to students that non-uniform clothing is not permitted in the classrooms, and should be left in your locker. Pants and shorts are to be worn properly, not rolled.

WHO IS YOUR ADMINISTRATOR?

The administrative contact for your son or daughter is based on your last name:

A to F: [Mrs. Beaucage](#)

G to O: [Mr. Bellini](#)

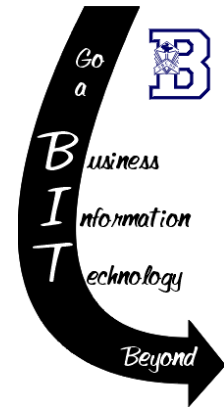
P to Z: [Mrs. Leusink](#)

As always, feel free to contact our principal, [Mr. McKinnon](#).

WHAT DO I NEED FOR A BIT CERTIFICATE?

- One Business Technology course (BITT or BTA) or Computer Science course (ICS 3M)
- One additional "B" coded Business course
 - All Business Studies courses ("B" codes)
 - All Computer Science courses ("ICS" codes)
 - Economics (CIA4U)
 - 1 Law course (e.g. CLU3M)
 - Mathematics for Personal Finance (MBF3C)
 - Business or Information Technology Co-Op (counts as 2 credits)
- Minimum average of 60% across the five eligible BIT courses.

For more information, talk to one of the Business teachers, or visit <http://stbenedict.wcdsb.ca/business/>.



GREETINGS FROM YOUR STUDENT TRUSTEES

By NICOLE BIGELOW AND THOMAS SLABON

Hello! We're Thomas Slabon and Nicole Bigelow and we're your student trustees for the 09/10 school year. We were elected by the student council presidents from all five Catholic high schools to represent the student voice on the WCDSB's Board of Trustees. As student trustees, we attend every board meeting and ensure that the opinions of the student body are heard. In order to do so, we need your help!

We want to know what you think about the issues facing St. Benedict C.S.S. and the WCDSB as a whole. If you have an issue you're passionate about, or just want to know more about our role, please feel free to contact us. We can be reached any time via e-mail at thomas.slabon@wcdsb.ca and nicole.bigelow@wcdsb.ca. We look forward to working for you over the school year!

Academic

ENRICHING THE LIVES OF STUDENTS

By MRS. D. WITTMANN

HOW TO AVOID PLAGIARISM?

When you write a research paper, you have to explain where you got your information. Some of the ideas you use will be your own, but many will have come from information you have read and people you have interviewed about the topic. To explain where the information comes from, you have to give (cite) the source.

WHY CITE YOUR SOURCES?

- To give your writing credibility. You show that you have gathered ideas from worthwhile sources.
- To help the reader. You enable the reader to go and check and read those sources if he/she so wishes.
- To protect yourself from plagiarism. When you cite all your sources, no one can say that you stole or copied ideas from someone else.

WHAT COUNTS AS "OTHER PEOPLE'S IDEAS"?

- All words quoted directly from another source.
- All ideas paraphrased from a source.
- All ideas borrowed from another source: statistics, graphs, charts.
- All ideas or materials taken from the Internet.

FREQUENTLY USED STYLES:

- APA Style (American PSYCHOLOGICAL Association)
- ASA Style (American SOCIOLOGICAL Association)
- CSE Style (Council of SCIENCE Editors) - formerly CBE
- Chicago Style / Turabian Style (A simplified guide to the Chicago Manual of Style)
- MLA Style (Modern LANGUAGES Association)

TRY IT DAY IS HERE!

This is an opportunity for Grade 9 and 10 students taking phys. ed. this semester and next to participate in an off campus physical activity day. Try hip hop, squash, spinning, boxing, weight training and bouldering with your friends for the day. Lunch is included and the cost is FREE!!! Permission forms are available in the PE office, so pick one up today. Space is limited and it is on a first come first serve basis. Forms are due by Monday, October 26.

NEWS FROM THE RELIGION DEPARTMENT

By Miss A. WHALEN

In Religion news, our grade nines are very busy recently completing their SPIES Summative. They are currently learning more about the Bible and in November, these lucky students will have the awesome opportunity of attending "Joseph and the Amazing Technicolor Dreamcoat" at the Centre in the Square.

Our grade tens are enjoying retreats at this time. The grade ten retreats are being held at Hidden Acres this year. Students are enjoying the new environment and the opportunity to get to know each other better. The retreats are led by our Chaplain, Bob Rempel. Our department appreciates his leadership during this special day for grade tens.

In grade eleven news, we are presently studying the religion of Judaism. Not only are we learning about the founder and practices, but we have an amazing opportunity of listening to a Holocaust survivor share their story with us. We anticipate that it will be one of those moments the students and staff will always remember.

Our grade twelve's are busy getting involved with our local community through volunteering. These senior students need to volunteer 15 hours of their time in a non-profit organization. It's a great way for the students to get involved and make an important contribution in a time when so many people need the help.



By Miss C. STOCKIE

Are you MAD about Sudokus? Can't keep your hand off your Rubic's Cube? Do you know that PI can be so much more than just a fruit-filled tart? Or do you just want to brush up on your Math skills?

If so, then the Math League wants YOU!

LITERACY CORNER

By Mr. D. JAEGER

In the [last issue of the BENN Newsletter](#), you were asked to answer 6 True or False questions regarding the grade 10 Literacy Test (OSSLT). Let's see how you did!

1. **True.** The successful completion of the OSSLT is a graduation requirement, just like 30 credits, 40 hours of community service, etc.
2. **True.** The OSSLT is written in the second semester of the grade 10 year for approximately 150,000 students in Ontario and 350-400 at St. Benedict.
3. **True.** While each question (multiple choice, short answer, long answer) is scored

Contests and their submission due dates are posted on the school website under **Clubs > Math League**. Prizes awarded for participants from EVERY GRADE.

Good luck - and have fun!

OCTOBER MATH LEAGUE RESULTS

In this, our first monthly math contest, we've had a terrific turnout! Thanks to everyone who came out to participate, but special congratulations goes out to our school's top 5 finishers:

Jason Blais, Sabrina Sikora, Evan Peng,
Abdo Nayfeh, Mark Sikora

Our next contest will be held on November 17th! Watch the Ranger and BENN for more details.

WCDSB STUDENT SUCCESS SITE

<http://bss.wcdsb.ca>

Resources to help you help your son or daughter succeed.

differently, it is accurate to say that a successful test meets the provincial standard of level 3.

4. **True.** The OSSLT has two parts: reading and writing sections. Students must demonstrate capabilities in both sections in order to be successful.
5. **True.** All grade 10 and previously eligible students can prepare for the OSSLT in at least two ways: 1) by completing regular formative and summative classwork and 2) by participating in preparation activities such as practice tests, using the homework club, and taking advantage of afterschool literacy programs which St. Benedict will run.
6. **True.** All students in Ontario and St. Benedict will write this year's OSSLT on Thursday April 8, 2010. It goes without saying that all St. Benedict grade 10 and previously eligible students need to be at school that day. A schedule will follow in the coming months, but getting here for the regular starting time is a safe bet.

Clubs & Athletics

SENIOR GIRLS BASKETBALL

By MR. K. FRATARCANGELI

At the midpoint of the season the senior girls are entrenched in a heated battle for playoff position. Our current record is 2 wins with 3 losses but could easily be 3, 4 or 5 wins.

The girls will need to keep up their great effort and hard work throughout the 2nd half of the season in order to compete for a D8 title. Our next games will be at home next week on Oct 19 and 21.

Come out and support the girls as they represent the St. Benedict's.

CROSS-COUNTRY SUCCESS

By MR. F. WITTMANN

This year, 50 cross-country runners are pounding the muddy trails seeking fun, fitness, friendship, and frivolity. The team's rebuilding program has produced many newcomers to the sport.

Both midget teams and the junior boys team have achieved great success already with first and second place finishes in local meets.

Runners with top 20 finishes include: Julia Wittmann, Nathan Schmidt, Amanda Livingstone, Jennifer Deighan-Schenk, Devon Pelley, Emma Henderson, Peter Reynolds, Liam Francis, Ben Taborek, Tully McWatters, Kimberlee Pearl, Catherine Umolac, and Sean DeLottinville.

Best of luck at D8, CWOSSA, and hopefully OFSAA!

BENNIES JUNIOR FOOTBALL TEAM KEEPS ROLLING

By MR. J. VALE



Girls' Field Hockey

St. David's 3, Saints 0
Resurrection 8, Saints 0

Junior Football

Saints 34, Waterloo-Oxford 0

Junior Boys' Soccer

Resurrection 6, Saints 2
Saints 1, St. David's 2

Jr. Girls Basketball

Saints 35, St. David's 17
RMC 15, Saints 35

Sr. Girls Basketball

Saints 36, St. David's 49
RMC 47, Saints 21

Sr. Boys Volleyball

St. David's 3, Saints 2
Saints 0, Woodland 3
Saints 0, RMC 3

Jr. Boys Volleyball

St. David's 3, Saints 0
Saints 0, WCHS 3
Saints 1, RMC 3

Last Wednesday afternoon, the Junior Boys Football Team continued with their winning ways with a 34-0 win over Waterloo Oxford improving their record to 3-0. The offense was led by Kyle Cole who scored 2 touchdowns while Dequan French-Grey and Tamal Lewis-Goslin both each scored a touchdown. Offensive lineman Steve Williams, Wade Cole, Alex Andrade, Cole Keels and Ryan Varga had outstanding games. Defensively, the team was once again led by John and Drew Walden, while Matt Gillespie had a dominating effort. Mark Ehrenfellner, Kurt Eva, and Cole Malatches all had large contributions as well. The team looks to go to 4-0 on Tuesday night at 5pm at Rogers field against cross town rival Glenview Park! Go Saints go!

SENIOR FOOTBALL

By Mr. W. ABREAU

The Senior Boy's football team won in the fifth overtime period to gain their second win of the season against Waterloo Oxford on October 14th to put them in second place. The Saints play Glenview CI on October 20th at 7pm at Roger's field in Cambridge which will be their most important game this season. Go Saints Go!

JUNIOR SOCCER ACTION

By Mr. D. VRABEC

St. Benedict lost a hard-fought game 2-1 against St. David in Junior boys soccer action on Monday. Although the Saints battled hard and scored a beautiful equalizer by Dylan Simoes, they were undone by a last minute goal that now puts St. David level with them for the final two play-off spots. The final two games against St. Mary's and Monsignor Doyle should be chock full of action as the Saints need at least one win to guarantee their playoff hopes stay alive.

ROCK CLIMBING

If you are interested in joining the rock climbing club, please see Ms. Novakovich for more details.

Other News

PRINCESS PROJECT

The Princess Project of Cambridge was created to help young ladies who may not have the means to afford a beautiful dress for their graduation or prom. The Princess Project will supply all dresses, shoes and accessories free of charge for these special occasions.

Therefore there is a need for members of the community to donate clean gently used prom/graduation dresses, shoes, makeup samples, perfume samples, nail polish and any other accessories. All donations are greatly appreciated.

Donations could be dropped off to our location or we could pick up. Please call ahead to arrange pick up. Thank you.

Beauty for You Salon/Spa
Best Western Cambridge Hotel
Suite 116 - 730 Hespeler Road,
Cambridge, Ontario N3H 3L8
519-623-4600 x 7116
Email: beauty4uspas@gmail.com

MENTAL HEALTH SPEAKERS' SERIES

By Mrs. C. McDONALD-REIS, SCHOOL SOCIAL WORKER

Lutherwood is holding its second Mental Health Speakers' Series in October at the Faculty of Social Work at Wilfrid Laurier University. All sessions will run from 6:30-8 pm. Upcoming topics are:

- "Staying in Control When Your Teen Isn't" - October 22, 2009 (Patty McColl)

- "Drugs Affect Mental Health in Teens" - October 29, 2009 (Heather Kring, Gladys Bender along with special guest Constable David Swainson from Waterloo Regional Police)

We would like to especially thank the RBC Foundation for donating \$30,000 for this event as well as the Waterloo Region Record for providing an in-kind advertising gift of \$13,000, Wilfrid Laurier University for providing space for the events on their Kitchener campus as well as the Waterloo Regional Police for sharing their expertise and providing a speaker for one of our evenings.

Building on last year's success, we are hoping to reach as many people as possible this year so please help us spread the word and invite anyone who you think could benefit from the expertise of our speakers.

Please come out and join us for several stimulating and informative evenings.

Upcoming Events

October 21: 3:30 Field Hockey Game @ Mary's
October 21: 3:30 Jr Boys soccer vs St. Mary's
October 21: 3:30 Sr. Boys Volleyball @ RCSS
October 21: 5:00 Jr. Girls Bball vs Rez @ home
October 21: 3:30 Sr. Girls Bball vs Rez @ Home
October 22: Post-Secondary Info Night
October 22: Parent-Teacher Conferencing
October 23: Parent-Teacher Conferencing
October 26: 3:30 Jr Boys soccer @ Doyle
October 26: 3:30 Sr. Boys Volleyball @ Mary's
October 26: 3:30 Jr. Girls Bball @ Mary's
October 26: 5:00 Sr. Girls Bball @ Mary's
October 27: 7:00-9:00pm University Info Night
October 27: 6-7:30 Badminton Club
October 27: 3:00 Sr Football vs KCI @ Bridgeport
October 27: 1:00 Jr Boys football vs KCI @ Bridgeport
October 28: SAC Hallowe'en Activities

October 28: 3:30 Sr. Boys Volleyball @ PRDG
October 28: 5:00 Sr. Girls Bball @ Mary's
October 29: Opening Assembly
October 29: 3:30 Sr. Boys Volleyball @ home
October 29: 7:00pm SR Football vs ECI @ Davids
October 29: Photo Retake Day
October 30: Graduation
October 30: 3:30 Jr. Girls Bball @ Doyle
October 30: 5:00 Sr. Girls Bball @ Doyle
November 2: 3:30 Jr. Girls Bball vs David's
November 2: 5:00 Sr. Girls Bball vs David's
November 3: 6-7:30 Badminton Club
November 3: 3:00 Sr Football vs ECI
November 3: 1:00 Jr Boys football vs ECI
November 4: Take Our Kids to Work Day
November 4: 3:30 Sr. Boys Volleyball @ WCHSS

Be sure to check the calendar on the school website for more information. You can find it under **Benny's News > Calendar of Events.**

Miscellaneous

NEWSLETTER FEEDBACK

WE WANT TO KNOW what you think and how we can improve communication with you. Please email the Newsletter editor from the link below.

Check out our website at <http://stbenedict.wcdsb.ca> for news and information updates.

This newsletter is also available on the school website if you [click here](#). You may want to send this link to other parents rather than forward your email--doing so may alter the layout and generate the page incorrectly.

Any comments? [Send us an email!](#)

BENN STAFF:

[Mr. Anton Milardovic](#) | [Mrs. Sophia Adach](#) | [Miss Bobbi Bester](#) | [Mr. Kevin Fratarcangeli](#)

